

## 11. Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p><b>Knowledge and Understanding</b></p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of the holistic care of a patient with COPD.</li> <li>• Demonstrate an understanding of respiratory anatomy and Physiology.</li> <li>• Demonstrate an understanding of the pathophysiology of COPD.</li> <li>• Demonstrate an understanding of the diagnostic criteria COPD in line with current local and national guidance.<sup>110</sup></li> <li>• Demonstrate an understanding of when to consider a differential diagnosis.<sup>111</sup></li> <li>• Demonstrate an understanding of the local and national guidance for the management of COPD.<sup>112</sup></li> <li>• Demonstrate an understanding of the identification and management of COPD exacerbation.<sup>113</sup></li> <li>• Demonstrate an understanding of the variety of inhaled medications available for the management of COPD including the different types of devices in line with local and national guidance.<sup>114 115</sup></li> <li>• Demonstrate an understanding of levels of ICS doses – low, medium and high and when a steroid safety card should be issued.<sup>116</sup></li> <li>• Demonstrate an understanding of the correct technique for using the different types of inhaler devices and explain what will guide your device recommendations for a specific patient in line with local and National guidance.<sup>117 118</sup></li> <li>• Demonstrate an understanding of the aims of COPD treatment.<sup>119</sup></li> <li>• Demonstrate an understanding of the use of rescue medication in the management of COPD exacerbation.<sup>120</sup></li> <li>• Demonstrate an understanding of the impact of poor air quality on COPD.<sup>121</sup></li> </ul> <p><b>Patient Management</b></p>				

<sup>110</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#diagnosing-copd>

<sup>111</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#diagnosing-copd>

<sup>112</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#managing-stable-copd>

<sup>113</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#managing-exacerbations-of-copd>

<sup>114</sup> <https://bnf.nice.org.uk/treatment-summaries/chronic-obstructive-pulmonary-disease/>

<sup>115</sup> <https://www.rightbreathe.com/>

<sup>116</sup> [Inhaled corticosteroids | Prescribing information | Chronic obstructive pulmonary disease | CKS | NICE](#)

<sup>117</sup> <https://www.rightbreathe.com/>

<sup>118</sup> <https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

<sup>119</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#managing-stable-copd>

<sup>120</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#managing-exacerbations-of-copd>

<sup>121</sup> <https://www.nice.org.uk/guidance/ng70/chapter/Recommendations#vulnerable-groups>

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<p>Under the supervision of a Registered Nurse:</p> <ul style="list-style-type: none"> <li>• Initial Assessment: <ul style="list-style-type: none"> <li>○ Be able to present a detailed history from the patient to a Registered Nurse to guide the use of objective testing.<sup>122</sup></li> <li>○ Be able to, when advised by a Registered Nurse, arrange for spirometry testing to take place.<sup>123</sup></li> <li>○ Be able to arrange for an assessment of the need for chest imaging, with a senior clinician, in line with local guidance, to exclude other lung pathology.</li> <li>○ Be able to discuss the need for Full Blood Count Serology, with a senior clinician to exclude polycythaemia.</li> <li>○ Be able to take measurements to obtain patients BMI.</li> </ul> </li> <li>• Review: <ul style="list-style-type: none"> <li>○ Be able to elicit patients experience of current control and follow this up with standardised questionnaire to enable alignment of patients perception with treatment aims.<sup>124</sup> Discuss the results with a Registered Nurse to enable the, to develop a management plan.</li> <li>○ Be able to confirm patients adherence to treatment.<sup>125</sup></li> <li>○ Be able to assess patients inhaler technique.<sup>126 127</sup></li> <li>○ Be able to teach patient 'good technique' where needed, and provide support materials.</li> <li>○ Be able to discuss spacer use with patient and explain rationale for use.<sup>128</sup></li> <li>○ Be able to recognise when treatment may need to be changed: <ul style="list-style-type: none"> <li>▪ Where increases or changes may be needed with sub-optimal control.<sup>129</sup></li> <li>▪ Following hospital admission.</li> <li>▪ And discuss or refer on to Registered Nurse.</li> </ul> </li> <li>○ Be able to arrange appropriate follow up with a Registered Nurse for the patient following any change to medication.<sup>130</sup></li> <li>○ Be able to support patient to encourage ongoing adherence where appropriate.<sup>131</sup></li> </ul> </li> </ul>				

<sup>122</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#diagnosing-copd>

<sup>123</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#diagnosing-copd>

<sup>124</sup> <https://cks.nice.org.uk/topics/chronic-obstructive-pulmonary-disease/management/stable-copd/>

<sup>125</sup> <https://www.nice.org.uk/guidance/cg76/chapter/1-Guidance#supporting-adherence>

<sup>126</sup> <https://www.rightbreathe.com/>

<sup>127</sup> <https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

<sup>128</sup> <https://bnf.nice.org.uk/treatment-summaries/respiratory-system-drug-delivery/>

<sup>129</sup> <https://cks.nice.org.uk/topics/chronic-obstructive-pulmonary-disease/management/stable-copd/#treatment>

<sup>130</sup> <https://www.nice.org.uk/guidance/ng115/resources/visual-summary-treatment-algorithm-pdf-6604261741>

<sup>131</sup> <https://www.nice.org.uk/guidance/cg76>

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<ul style="list-style-type: none"> <li>○ Be able to discuss lifestyle interventions that could improve COPD symptom control, and make onward referral, where appropriate:<sup>132</sup> <ul style="list-style-type: none"> <li>▪ Diet.</li> <li>▪ Managing breathlessness.<sup>133</sup></li> <li>▪ Pulmonary rehabilitation.<sup>134</sup></li> <li>▪ Smoking cessation.</li> <li>▪ Vaccination.</li> </ul> </li> <li>○ Be able to offer support and onward referral to patients where COPD impacts on mental health.<sup>135</sup></li> <li>○ Be able to provide patient with the personalised COPD plan as per local and national guidance.<sup>136</sup></li> <li>○ Be able to provide patient with advice regarding air travel.<sup>137</sup></li> <li>○ Be able to provide patient safety netting advice relating to deterioration of their COPD and COPD exacerbation.<sup>138</sup></li> <li>○ Be able to refer patient on to suitable prescribing clinician when rescue medication at home would be beneficial.<sup>139</sup></li> <li>○ Be aware of the criteria for onward specialist referral<sup>140</sup></li> <li>○ Be able to identify when advanced care planning would be appropriate.<sup>141</sup></li> <li>● Be able to recognise when patient complexity exceeds competence and refer on as appropriate.</li> </ul>				

<sup>132</sup> <https://www.nice.org.uk/guidance/ng115/chapter/Recommendations#managing-stable-copd>

<sup>133</sup> <https://www.asthmaandlung.org.uk/symptoms-tests-treatments/symptoms/breathlessness>

<sup>134</sup> <https://www.nice.org.uk/guidance/ng115/chapter/recommendations#pulmonary-rehabilitation>

<sup>135</sup> <https://www.asthmaandlung.org.uk/living-with/mental-health>

<sup>136</sup> <https://www.nice.org.uk/guidance/ng115/chapter/recommendations#self-management>

<sup>137</sup> <https://cks.nice.org.uk/topics/chronic-obstructive-pulmonary-disease/management/stable-copd/#advice>

<sup>138</sup> <https://www.nice.org.uk/guidance/ng115/chapter/recommendations#managing-exacerbations-of-copd>

<sup>139</sup> <https://www.nice.org.uk/guidance/ng115/chapter/recommendations#self-management>

<sup>140</sup> <https://cks.nice.org.uk/topics/chronic-obstructive-pulmonary-disease/management/stable-copd/#referral>

<sup>141</sup> <https://cks.nice.org.uk/topics/chronic-obstructive-pulmonary-disease/management/end-stage-copd/#advance-decisions>